

# The Character Curriculum

Flourishing for Life



<p><b>Y11: Mental Health</b> L2 – Self-esteem</p>	<p><b>Learning objective:</b></p> <ul style="list-style-type: none"> <li>- Understand how their level of self-esteem affects their life and what they can do to enhance self-esteem in themselves and others.</li> </ul>	<p><b>Key vocabulary:</b> Positive, self-esteem, self-concept, character traits, emotional intelligence, social media <b>Key virtues:</b> <b>Empathy, compassion, kindness, honesty</b></p>
<p><b>Resources:</b> PowerPoint presentation</p>	<p><b>Statutory links:</b> PSHE guidance (2020) Students learn:</p> <ul style="list-style-type: none"> <li>- To accurately assess their areas of strength and development, and where appropriate, act upon feedback;</li> <li>- How self-confidence, self-esteem and mental health are affected positively and negatively by internal and external influences, and ways of managing this;</li> <li>- Strategies to develop assertiveness and build resilience to peer and other influences that affect both how they think about themselves and their health and wellbeing.</li> </ul>	
<p><b>Key questions:</b></p> <p>What is self-esteem?</p> <p>People sometimes say that self-esteem, or lack of it, has a big influence on the choices people make. Is that true, and if so, why?</p> <p>Can making good choices help you raise your self-esteem?</p> <p>How might people contribute to a higher sense of self-esteem in themselves and in others?</p> <p>How can self-esteem be encouraged?</p>	<p><b>Learning activities:</b></p> <p><b>Starter:</b></p> <p>What is self-esteem? Discuss this with a partner.</p> <p>Think of someone you know who has high self-esteem. How can you tell that person has high self-esteem, what are the signs? What are the signs of low self-esteem?</p> <p><b>Activity 1:</b> Where does self-esteem come from?</p> <p>What does self-esteem do for a person?</p> <p>Where does self-esteem come from?</p> <p>People sometimes say that self-esteem, or lack of it, has a big influence on the choices that people make. Is that true, and if so, why?</p> <ul style="list-style-type: none"> <li>- Can you think of a time when making a very good choice made you feel very good about yourself?</li> <li>- Can you think of a time when making a very bad choice made you feel very bad about yourself?</li> <li>- Can making good choices help you raise your self-esteem?</li> </ul>	

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Share with your group.

## Activity 2: Feedback circle

Can you recall one good that you did for yourself or for others in the last term; something you learned well, something you made, a kind act, a success – anything! Give a moment or two for reflection.

Draw or design a picture representing the event as quickly as possible. There is no need to be perfect.

Now each person takes their place in the 'hot-seat' (extra chair).

Tell the group briefly about your picture and why you are proud of what you did.

Listen to a round of honest, positive and specific statements about themselves from the other group members.

Before this part of exercise, stress there is always something we can appreciate about anyone, even if we do not get along too well with that person. Your statements to others must be honest or the exercise will not be worthwhile. People are very quick to dismiss positives and themselves 'it's not true', so it is vital to be honest and to be able to back up your statement with specific examples of the behaviour or characteristic you like in that person.

While each person is receiving their compliments, another group member should record the statements on a large index card. Be sure to get the 'receiver' to identify their 'reporter' before the round starts.

- How did you find the moments of sharing? Did the experience affirm something positive in you?
- Were you surprised at any of the traits that your classmates identified for you?
- Would these be traits/virtues that you have identified yourself?
- How do these traits/virtues promote your wellbeing?
- How will they positively impact others?

## Activity 3: TED Talk

Watch the 13-minute TED Talk video <https://www.youtube.com/watch?v=c62Aqdlzvqk> [available 05/20] ('How Do YOU Define Yourself' by Lizzie Velasquez).



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In the video, Lizzie Velasquez discusses how she suffers from a rare disorder which prevents her from gaining weight and has caused blindness in her right eye. Once cyberbullied and labelled 'the world's ugliest woman', she decided to turn things around and create her own definitions of beauty and happiness.

Lizzie asks the audience to consider what defines them. Is it their backgrounds? Friends? Families? She reminds us that if we can find happiness within, and be the drivers of our own lives, the bullies will always lose.

Reflect on the message of Lizzie's story with a partner.

- What are some of Lizzie's positive traits/virtues and how do they contribute to her positive self-concept and self-esteem?
- What about her do you most admire?
- How might her positive traits inspire and help others?
- What encouragement are you able to take from Lizzie's story and implement in your own life?

**Activity 4:** How is self-esteem encouraged?

Self-esteem has been compared to a bucket of water. It starts out full when we're born, but whenever we develop negative feelings about ourselves, it's like poking little holes in the bucket and our self-esteem drips out. Come up with a list of things we do or say to ourselves or others that pokes holes in the self-esteem bucket. Put this list on the wall to serve as a constant reminder.

This is a list of things we can do to protect, raise, or reinforce our self-esteem. Go through this list and discuss each point. How might each of these things contribute to a higher sense of self-esteem? Can you think of any additional suggestions of your own?